



Healthy Living Programs

Fitness Centers

Senior Friendly Equipment
FREE membership
Staffed by UWM

Healthy Living Centers

FREE
Wellness consultations
Functional assessments

Referrals for insurance
covered programs and
therapy services accepted



Participants in a 2000-2001 research study



*Increased
flexibility by 90%*

*Increased
strength by 25%*



Living Well With Chronic Conditions



Living well with chronic conditions is designed to improve the self-management skills of people with chronic health issues.

Participants with various chronic conditions meet as a group for 2.5 hours once a week for six weeks.

Groups work on building confidence and skills to manage the challenges of living with a chronic health condition.

The course includes information on:

- How to develop a suitable exercise program
- Symptom management
- Nutrition management
- Breathing exercises and stress management
- Medication management
- How to communicate with family, friends and health care professionals
- How to deal with emotions like anger and depression
- Problem solving skills and goal setting

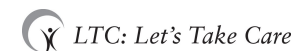
For more information
on Living Well Workshops
visit the website:
www.milwaukee.gov/help4healthyaging



Healthy Living Programs at Local Senior Centers



Clinton Rose
Grobschmidt
Washington Park
Wilson Park
OASIS



You can find information on senior health and wellness at your local senior center. Or visit one of Milwaukee County's senior fitness centers

Fitness Centers located at:

Washington Park Senior Center
4420 W. Vliet St.

Clinton Rose Senior Center
3045 N. Martin Luther King Dr.

Grobschmidt Senior Center
2424 15th Ave.
South Milwaukee

Wilson Park Senior Center
2601 W. Howard Ave.

OASIS

2414 W. Mitchell St.

Fitness programs are designed to get seniors off the couch and on to senior friendly exercise equipment that will: tone muscles, strengthen bones, maintain cardiovascular function, increase flexibility and prevent falls.

Fitness centers are equipped with state of the art fitness equipment and staffed by students from UWM'S College of Health Sciences.

WellnessWorks

is the name for Milwaukee County
Department on Aging's Healthy Living programs



Healthy Living Centers located at:

Washington Park
4420 W. Vliet St.

Clinton Rose Senior Center
3045 N. Martin Luther King Dr.

OASIS
2414 W. Mitchell St.

Wilson Park Senior Center
2601 W. Howard Ave.

For more information on WellnessWorks programs contact:

WellnessWorks Program Manager
229 - 5121

email:
fitnessprograms@milwaukeecounty.com

visit us on the web:
www.milwaukee.gov/county/help4healthyaging

Healthy Living Centers (New in 2010)

At Healthy Living Centers, staff from Therapy Plus of Wisconsin give seniors entering the fitness programs free assessments of their current functional levels. Anyone can get free advice on how to maintain or improve strength, flexibility and general fitness from a licensed physical or occupational therapist.

If you have a referral for therapy treatment from your doctor, you can schedule an appointment with Therapy Plus. For more information on consultation or treatment call: 414 856-1888.

Fitness Centers are *FREE* to Milwaukee County residents aged 50+

All participants must register as members at the senior center*, complete a health information / fitness program registration form, take part in an assessment of current condition, and attend one orientation session.

Center hours may vary by site. Call ahead to be sure staff will be there to help you.

**A senior center membership fee is required at OASIS and Grobschmidt centers*

